

LAUDATO SI WEEK 2024

MAY 19 – 25, 2024

Laudato Sí (“Praised Be”) is an encyclical of Pope Francis published in May 2015. It focuses on care for the natural environment and all people, as well as broader questions of the relationship between God, humans, and the Earth. The encyclical’s subtitle, “Care for Our Common Home,” reinforces these key themes.

This week, May 19-25 we celebrate Laudato Si. Inspired by Pope Francis' encyclical, this eight-day guide seeks to motivate all people of good will to protect our Common Home through concrete actions and simple changes in the way we live.

Each day a specific theme is proposed that addresses aspects of integral Ecology. We aim to foster a deeper respect for creation, promote sustainable habits and deepen our commitment to a lifestyle that respects the Creator's handiwork. Each day you will find an action and a way to put it into practice

Below are the topics and a prayer for each day.

Day 1 - May 19

Ecological Conversion Sunday

Today we celebrate the Feast of Pentecost and we propose that you begin your day with a contemplative prayer in nature, invoking the Holy Spirit to guide you and allow you to perceive the divine presence in every element of creation

Prayer to the Holy Spirit:

Holy Spirit, You are God’s presence in our hearts, bringing life, love and joy, like a caring Mother. You are in singing birds, hidden in vegetation, in the subtle fragrance of inconspicuous flowers... You are a Mystery, invisible, but powerfully influencing our life. We

open our hearts to You.

Please inspire us and give us wisdom, courage, and hope. Let us make use of our various talents and Your gifts. Please teach us patience, kindness, faithfulness, gentleness, and self-control. Guide us the right way and teach us to love You, others, and ourselves. Please help us to work together in peace and respect every person, regardless of all the differences between us, but also to respect nature and everything else you have created for us. Last but not least, let us always remember about our dignity of being Your children and about our freedom to serve others, like Jesus. Amen

Day 2 - May 20

Sustainable Transportation Monday

Prayer to guide your path:

God, we ask for your guidance and protection in our daily journeys. May each step we take be an act of love and responsibility towards our planet and to all beings that inhabit it.

Bless our paths, and help us to reach our destination safely and in harmony with creation. Amen

Day 3 - May 21
Sustainable Food Tuesday

Prayer of gratitude for food:

God, we thank you for the bounty of the earth, which provides us with the food we need for our sustenance and well-being. Bless these gifts that we gratefully receive, and give us the wisdom and responsibility to care for and protect the earth that provides us with love and abundance. Amen

Day 4 - May 22
Renewable Energy Wednesday

Prayer for the Adoption of Renewable Energies

Lord, source of all wisdom and love, Illuminate our hearts to recognize the richness of the renewable energies you have bestowed upon us. Inspire us to adopt and promote their use in our daily lives, decreasing our reliance on fossil fuels. Help us to care for our common home, fostering a cleaner and more sustainable future for all. Amen

Day 5 - May 23
Waste Reduction Thursday

Prayer for our Earth:

God of love, show us our place in this world as channels of your love for all beings on this earth, for we are not only human beings, but also children of the earth. May we serve nature, which sustains life.

Help us to share the fruits of the earth without selfishness so that all may prosper. Amen

Day 6 - May 24
Water Conservation Friday

Prayer for Water:

Almighty God, you who are present in the whole universe and in the smallest of your creatures, You who surround with your tenderness all that exists, pour out upon us the power of your love so that we may care for life and beauty.

Teach us to discover the value of each and every thing, to contemplate with wonder, to recognize that we are deeply united with all creatures on our way to your infinite light.

Amen.

Day 7 - May 25
Catechesis and Integral Ecology Saturday

Prayer for catechists: Loving God, we ask you to bless our catechists with Wisdom and patience as they share your Word with our communities.

Strengthen them in their work of guiding others to a deeper understanding of your love and the importance of caring for your creation. May their dedication inspire all to live in harmony with your will, promoting justice and care for the environment.

You can download, at <https://laudatosiweek.org/>

Online Lunchtime Meditation during Laudato Sí Week

Join the Trócaire team at 1pm for 30 minutes of meditation. We will explore a different spiritual practice each day. Everyone is welcome. You can register once and attend any session:

- Mon 20th May - A Guided Meditation on your favourite Place in Nature
- Tues 21st May- A Meditation on the Four Elements (earth, fire, air, water)
- Wed 22nd May - Loving Kindness Meditation
- Thu 23rd May - The Ecological Examen (to help explore our relationship with nature)

Please email jane.mellett@trocaire.org to receive a ZOOM link for the sessions.